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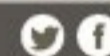
Halifax metro



AWARDS
TONYS TEACH OSCARS ABOUT DIVERSITY
metroLIFE

Your essential daily news | TUESDAY, JUNE 14, 2016

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Hundreds of people came together on the Halifax Common Monday night for a vigil to commemorate the 50 people killed in the Orlando shooting over the weekend. JEFF HARPER/METRO.

Halifax dances the night away

ORLANDO SHOOTING

Hundreds attend vigil on Common to show solidarity



Rebecca Dingwell
 For Metro | Halifax

Sometimes, the best way to respond to grief is to dance.

That was the case for many

on the Halifax Common Monday night, where hundreds of candles were lit in solidarity with the victims of the recent shooting at a gay bar in Florida.

At around 2 a.m. Sunday, a shooter opened fire at the Pulse Orlando club — an LGBTQ dance bar that was holding its “Latin night” event at the time. According to the Associated Press, more than 300 people were inside Pulse. The attack left 49 dead and more than 50 injured.

When Xavier Hartley saw the news on social media, he was

shocked.

“I didn’t realize the magnitude. It kind of kept escalating,” said Hartley, who attended the vigil. “I think it’s important for us to just demonstrate that we want to be here to show support.”

In front of a colourful backdrop of pride flags, community members spoke, read poetry and performed songs. A moment of silence was later followed by a moment of screaming.

“Because we all process grief differently,” said Rebecca Rose, chairperson of the Nova Scotia

Rainbow Action Project.

During the vigil, Rose pointed out that violence against LGBTQ folks is not exclusive to the United States.

“There have been three high-profile attacks since I moved home seven years ago,” said Rose. “And those are only the attacks that have made the news.”

In light of recent events, Rose added words of encouragement to young people in the community who might now be afraid to “come out” or attend LGBTQ bars.

“I cannot promise you safety.

No one can promise you that. But I can promise you that you will be welcomed into this beautiful community with open arms.”

Mayor Mike Savage was also in attendance, noting that gatherings to celebrate Halifax Pride will be taking place in about a month. “We’ve seen this too often before,” Savage said of the shooting. “The only way that we can deal with this kind of hate is to double down on love.”

Hand-in-hand with conversations about homophobia and transphobia were words about ra-

cism and Islamophobia. Michael Davies-Cole from Dalhousie’s OUTlaw society said the more than four dozen people killed in Orlando were predominately people of colour.

“In Halifax, it is hard to find 49 people of colour that are queer that will come out to one space,” said Davies-Cole. “We are a hidden community.”

Appropriately, the night closed off with music and dance as an homage to LGBTQ clubs, places Rose said “so many of us have felt so safe and liberated.”

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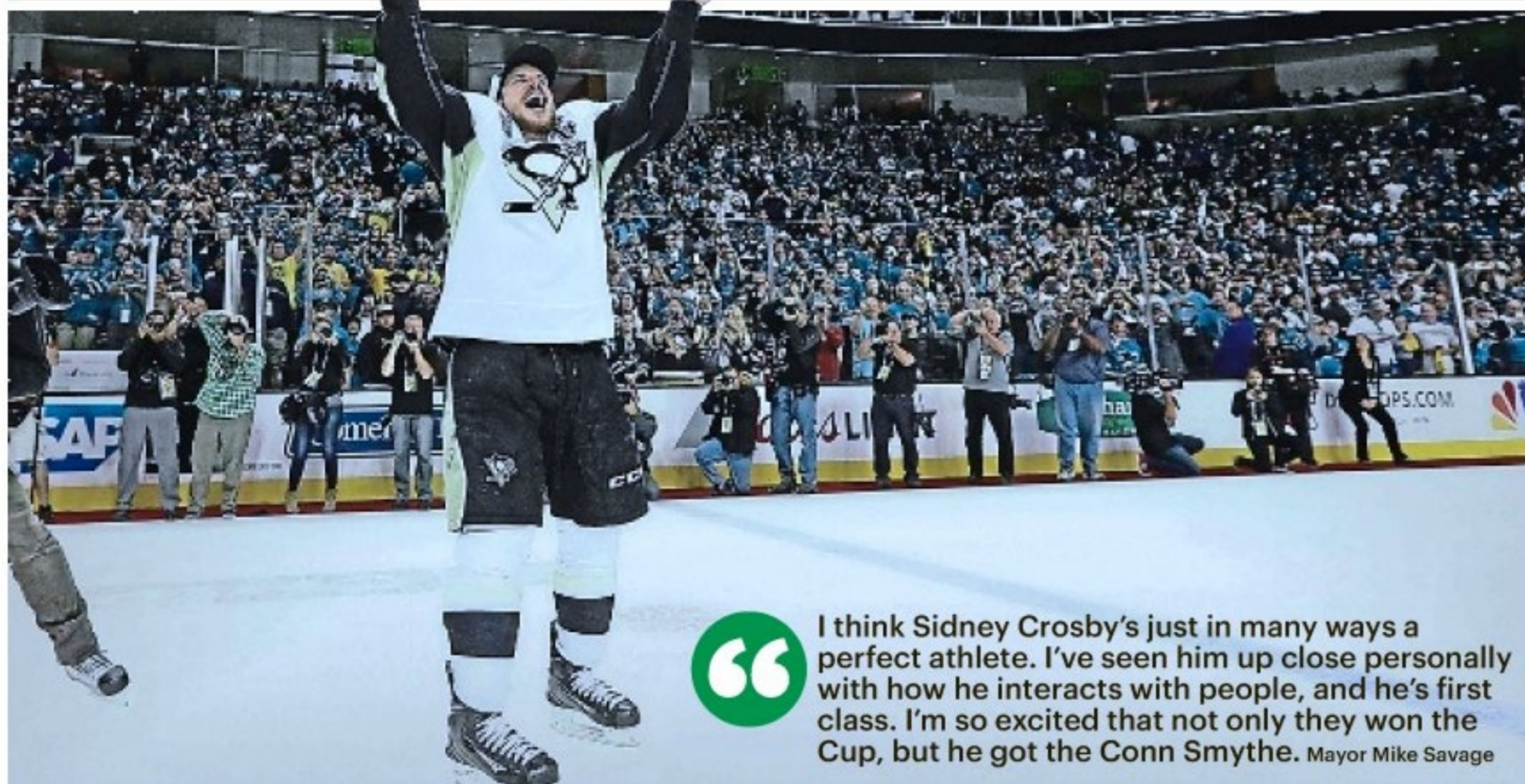


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“ I think Sidney Crosby's just in many ways a perfect athlete. I've seen him up close personally with how he interacts with people, and he's first class. I'm so excited that not only they won the Cup, but he got the Conn Smythe. Mayor Mike Savage

Pittsburgh Penguins centre Sidney Crosby raises the Stanley Cup after the Pens defeated the San Jose Sharks in Game 6 of the Stanley Cup final Sunday to claim the team's fourth championship. The win also marked the second time Crosby has hoisted the Cup. BRUCE BENNETT/GETTY IMAGES/THE ASSOCIATED PRESS

Mayor hopes for Cup visit

HOCKEY

Former coach reminds fans it's up to Sid

Haley Ryan
Metro | Halifax

With "huge excitement" surrounding Sidney Crosby's second

Stanley Cup win, Halifax's mayor said the city will do what it can to help host the famous trophy as well as "something special" to honour Sid the Kid.

A day after Crosby won his second Cup with the Pittsburgh Penguins, thoughts turned to whether the Cole Harbour native might bring it back to HRM.

"I think that there'll be huge excitement," Mayor Mike Savage said in an interview Monday.

Savage said the municipality will do whatever it can to support any celebration efforts and organizing likely handled by Crosby's family and former coach Paul Mason, who spearheaded the 2009 Cup parade and events.

"We want to be part of that and I'd like to see us do something special to recognize Sidney when the Cup comes back," Savage said.

There are many different ideas that could be considered, he said, but he doesn't know what they might specifically be since "it's not just for the mayor to say."

"I would certainly like to see this win commemorated in a lasting way," Savage added.

On Monday, Mason said he's excited about the win but has "no idea" yet about Sid's plans for the Cup: "I'm not aware of what he's planning to do. If I'm

asked to help out I'll certainly help out.

"The Stanley Cup is Sid's for the day and he will choose what he wants to do."

It is yet to be seen if Crosby will repeat the date from the last time he brought the Cup through HRM on Aug. 7, 2009, his 22nd birthday, when Mason said roughly 80,000 people lined the streets.

WITH FILES FROM PHILIP CROUCHER

LOCAL REACTIONS

“

There was a lot of hope and projections when Sid was young, and then winning the Cup early, and then he had a rough go of it physically and had some challenges. I think what this does is it validates him.

Paul Mason, peewee coach

“

To win his second Stanley Cup and now the Conn Smythe, we are seeing what we thought would happen.

John Moore, voice of the Halifax Mooseheads

“

I felt very proud and then I couldn't fall asleep afterwards, I was just too excited.

Coun. Lorelei Nicoll



Sid celebrates with his family Sunday. GETTY IMAGES

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— Jacquelyn Mildrum, Lyme, CT



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REGIONAL COUNCIL MEETING

Open air burning ban on the agenda



Haley Ryan
Metro | Halifax

Halifax's regional council has a busy agenda for their meeting Tuesday, including a report that recommends creating amendments to ban residential open air burning.

According to the report, city staff are recommending council direct them to prepare amendments to By-law O-109 that would prohibit open air burning and the use of solid fuel on residential lots unless the property has a septic field (if it does the burning device must be 50 feet from any structure), homemade outdoor wood-burning device like steel drums, food smokers, restrict industrial burning permits to a minimum area of one acre, and come back to council for a final decision in the future.

The report said back in Sept. 9, 2014, council asked for a staff report to allow them to consider amending By-law O-109 "so that outdoor wood burning appliances shall not be used within a prescribed distance of the nearest dwell-

ing on an adjacent property."

There is also a report recommending council approve substantial alterations to the Green Lantern Building at 1581-89 Barrington Street, which would see the restoration and retention of the main portion of the heritage property, including interior floor levels.

The development proposal includes a basement level, one level of commercial space, and three levels of residential lofts on the property. A new three-storey addition will be created above the original building, recessed back three metres from the front façade, creating two additional levels of residential space and a penthouse.

The first reading for proposed By-Law M-200, Respecting Minimum Standards for Residential Occupancies is also up. The by-law would replace By-law M-100 with new language, improvements, and have staff conduct a workshop with stakeholders like ACORN, Housing Nova Scotia, and university groups to develop a residential building licensing model and return with recommendations.



An outdoor stone fire pit. METRO FILE



FIRE TENANTS ESCAPE WITH NO INJURIES A tenant at an apartment building at 24 Evans Avenue waits for firefighters to clear the apartment after responding to a minor fire on Monday. No injuries were reported. JEFF HARPER/METRO

Phone held under girl's skirt at Walmart: Police

DARTMOUTH

Man facing child porn, voyeurism charges



Rebecca Dingwell
For Metro | Halifax

A 40-year-old man is facing charges of child porn and voyeurism after police say he put a cellphone under a 13-year-old girl's skirt and possibly took a picture.

Halifax Regional Police were called to the Walmart at 90 Lamont Terrace in Dartmouth on Saturday at 7:30 p.m.

A description of the suspect and the vehicle he was driving was given to police shortly after the incident happened.

Then at 8:15 p.m., police say they arrested a 40-year-old man in his vehicle at Mount Hope Avenue and Pleasant Street. Police seized a mobile device that was found on the man at the time. They also executed a search warrant at the man's home where computer equipment was seized.

"People saw him do an action



I would say (the girl's family) would be quite mortified and probably a little bit angry — I know that's how I would feel as a parent. Const. Carol McIsaac

with his phone," said Const. Carol McIsaac, a Halifax Regional Police spokesperson. "But the phone will have to be analyzed. So, until that happens, we can't say with 100 per cent certainty that the picture was taken."

The man is due in court at a later date to face the two charges. McIsaac explained the man has not been identified because

the information had yet to be sworn to in the courts.

Until the man's day in court, he has been released on conditions that include remaining away from children under the age of 16 if they aren't in the company of a parent, and to not possess or use computer or electronic devices to access the Internet.

HIGHWAY 103

Woman caught going 170 km/h

A 23-year-old woman has been charged with dangerous driving for allegedly going more than 170 kilometres per hour on Highway 103 while a seven-month-old child was in the backseat.

The RCMP say in a release that they attempted to pull over a vehicle for speeding around 8:45 p.m. Sunday, and instead of stopping, the driver

COURT DATE

The unnamed woman is scheduled to appear in Bridgewater provincial court Aug. 3.

fled and hit speeds above 170 km/h.

Eventually, police say the

vehicle pulled over near Exit 11 in Blockhouse following a short pursuit.

Besides the infant, there was also a 35-year-old woman inside.

The driver, who is from Mill Cove, is also facing charges of failing to stop for police and several offences under the Nova Scotia Motor Vehicle Act.

METRO HALIFAX

CRIME

Man charged with assault after teen hit with weapon

An 18-year-old Nova Scotia man is facing assault charges after allegedly striking another teenager with a weapon at Meteghan Wharf over the weekend.

Andre Eric Latter-Melanson of Saulnierville was in Yarmouth provincial court Monday to face charges of aggravated assault and assault causing bodily harm, according to an RCMP news release.

Meteghan RCMP responded to the assault at about 12 a.m. on Sunday. The alleged victim is a 15-year-old boy from Church Point, who told police he was "struck with a weapon by a male suspect." METRO

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NATIONAL DEFENCE

Feds opt for off-the-shelf design of new warships

Ottawa is going to save time and money in the construction of its next generation of warships by buying and modifying an off-the-shelf design, the federal public services minister said Monday.

Judy Foote said during a news conference Tuesday that holding a competitive bid for an existing design will knock about two years off the process.

"The new approach significantly reduces the design and technical integration time," she said during a news conference at the Halifax shipyard.

Behind her, welding sparks flew while shipbuilders worked on the keel portion of the navy's first Arctic patrol vessel, which is due for completion by 2018.

Foote said the work on the patrol ships will continue into "the early 2020s," before any construction begins on the warships.

The Halifax yard is one of two



A worker grinds a component at the Irving Shipbuilding facility in Halifax on Monday.

ANDREW VAUGHAN/THE CANADIAN PRESS

construction sites contracted in the government's bid to build new warships, with the surface combatant fleet to replace the Iroquois-class destroyers and the Halifax-class frigates.

Over the past year the figures on just what the massive program will cost have been shifting.

Original projections put the cost of building 15 new vessels

at \$26 billion, but internal documents and reports published last fall suggest the bill could run as high as \$40 billion.

Last month, Foote indicated the government would stop making public cost projections to allow for wiggle room as the project evolves.

She held by that approach on Tuesday, saying it would be "irresponsible" to interfere with

the competitive bids by 12 pre-qualified firms.

However, she added that after the requests for proposal are complete, her department will make the costs public.

Kevin McCoy, the president of Irving Shipbuilding, predicted major savings.

"You're essentially saving 10 per cent of the cost if you can knock two years off the time



Public Services Minister Judy Foote, left, shares a light moment with Jim Irving, CEO of Irving Shipbuilding.

ANDREW VAUGHAN/THE CANADIAN PRESS

period," he said after the news conference.

"A modern warship costs over \$2 billion to design from scratch. ... Canada will not have to pay that money. There will be some licence fees still to be determined during the procurement process, but think of the effort it takes to design a warship from scratch. Canada won't have to go through that."

Commodore Craig Baines, the commander of the East Coast fleet, said the navy is still hoping for the 15 ships proposed originally.

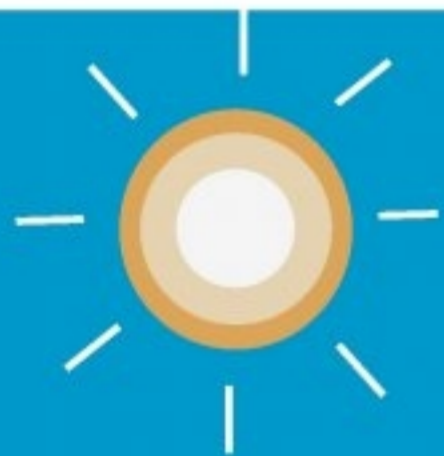
James D. Irving, the president of parent firm J.D. Irving Ltd.,

2,400

Judy Foote estimates that about 2,400 jobs will be created at the peak of construction for the surface combatants and Arctic offshore patrol vessels.

said he remains optimistic that the yard won't see its original task scaled back.

"We need 15 (ships), possibly we can do more than that," he said. THE CANADIAN PRESS



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Mother pleads for medical disclosure

Nova Scotia's **Mental Health EMERGENCY**

Mourning mom says privacy laws should change

It's a quandary for health care professionals that has caught the attention of experts across the country: should family members and loved ones be told about a patient's struggle with mental health issues?

Nova Scotia is reviewing the rules around the disclosure of information under its health privacy laws after a grieving mother appeared at the legislature last month.

Carolyn Fox of Halifax partially blamed the laws in Nova Scotia for her lack of knowledge about her 21-year-old daughter Cayley's battle with depression. The young university student took her own life in January following three trips to the hospital emergency by ambulance last year — all but one without her mother's knowledge.

"There should be a red flag," Fox said in an interview.

Fox said the only information she has about her daughter's hospital visits came from Cayley after her last trip to the emergency room in December, leaving her to wonder if she could have helped.

She hopes Nova Scotia's review will result in considerations for parents of young adults between 18 and 25, many of whom are still in school and depend on their families for a variety of supports.



Carolyn Fox addresses a news conference at the Nova Scotia legislature on Tuesday. ANDREW VAUGHAN/THE CANADIAN PRESS

"How can we help our children if we don't know?" Fox said.

The issue is familiar territory for privacy commissioners in other provinces. In British Columbia, Elizabeth Denham responded to a recent editorial in the Victoria Times Colonist highlighting the lack of public information around several suicides dating back to 2006.

Denham noted the complexities involved, but pointed out that B.C.'s laws allow disclosure without consent where a person's health or safety is at risk. She said next of kin can also be informed in non-emergency situations when a

person is injured or ill.

Former Ontario privacy commissioner Ann Cavoukian was a fierce defender of individual privacy rights, but also didn't hesitate to set public institutions straight when she felt they weren't forthcoming enough with information.

In 2008, she issued a joint statement with her B.C. counterpart clarifying that privacy rules allow health information to be disclosed in emergency situations. It came after the family of an 18-year-old Carleton University student blamed the Ottawa school for failing to inform them of her depression or prevent her

TRAINING

Catherine Tully, Nova Scotia's privacy commissioner, said she has concerns about whether officials and employees of government bodies know enough about what can and can't be disclosed. "It is absolutely a training issue," said Tully.

suicide.

In an interview, Cavoukian was adamant that with mental health in particular, privacy laws must protect the confidentiality of the patient — but emphasized the provisions that allow for exceptions.

"The notion of opening the doors up to ... mental health issues being shared with parents, spouses or whomever, that will open up the flood gates of concern from people who want to seek out help," said Cavoukian. "In my view you would have the unintended consequence of fewer people going to see the therapist in the first place."

"The ability is already there for physicians or therapists if they think a person's life is at stake to contact people. But it is a fine line and they have to take that responsibility seriously."

Nova Scotia Health Minister Leo Clavine said public institutions often default to citing privacy laws when people are seeking information. Clavine said the province wants to examine when it might be appropriate to give information to families, especially in the case of young adults. THE CANADIAN PRESS

SECURITY

Canada 'vulnerable' to threats: Expert

The outgoing head of the navy says Canada is vulnerable and needs to work even more closely with the United States to improve the maritime security of North America.

Vice-Admiral Mark Norman, commander of the Royal Canadian Navy, said the government should look at investing in sensors to improve maritime surveillance and the information-sharing relationship between Canada and the U.S.

Norman, who will hand over the navy to Rear-Admiral Ron Lloyd on June 23, said the sensors could take a variety of forms, such as an underwater sensor network or land-based radar.

"At the moment we're vulnerable," said Norman during an exclusive interview recently onboard HMCS Windsor as it sailed roughly 57 metres below sea level off the coast of Halifax.

"There are a number of threats and the question is: Are we prepared to simply accept the threats and the implications of them? Or do we want to do something about it? Do we want to know what's going on?"

Those threats could include drug trafficking in the Caribbean, illegal migration, or "potential military threats in a circumstance that perhaps people don't like to think about," said Norman.

He said Canada has been "fairly lucky."

"We've been able to avoid any real situations that either have embarrassed the country ... or have actually threatened the security of Canadians," said Norman, who starts his new role as second in command of the Canadian Forces on Aug 5.

"But that doesn't mean that the potential for those things happening isn't real... As senior military officers, our responsibility is to provide advice beyond just being lucky. You

don't base strategy or policy on, 'We've been lucky so far.'"

Norman says such sensors would bolster what he called "maritime domain awareness" under the NORAD agreement. Established in 1958, NORAD is the joint U.S.-Canada command providing aerospace warning, air sovereignty and defence for North America.

Norman's comments come as the Defence Department undertakes a review of the future of the Canadian Armed Forces.

Ken Hansen, a professor at the Centre for Foreign Policy Studies at Dalhousie University in Halifax, said working more closely with the United States is imperative because it's impossible to defend Canada on our own, given its size and population.

"If a serious threat was to develop, we would have absolutely no choice but to call on the Americans for help," said Hansen in a recent interview.

"That means that they have to trust that we're doing a reasonable job and not just, as Donald Trump says, freeloading."

Hansen also agreed with Norman about investing in sensors.

"You need intelligence and you need surveillance systems to get that intelligence and



You don't base strategy or policy on, 'We've been lucky so far.'

Mark Norman

to shape and coordinate what we do and where and when," said Hansen. "You can build a trust relationship by being smart about where you put your resources."

THE CANADIAN PRESS

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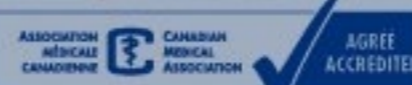
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Abu Sayyaf kills hostage

PHILIPPINES

Canadian man was kidnapped by terror group in 2015

Canada's top Mountie says the tough terrain of the southwest Philippines may make it difficult to find the killers of two Canadian hostages, but it won't prevent the ongoing effort to bring them to justice.

RCMP Commissioner Bob Paulson's commitment was affirmed Monday by Prime Minister Justin Trudeau following the death of Canadian Robert Hall, who had been held hostage by Abu Sayyaf since September 2015.

Hall's death comes after the execution in April of fellow Canadian John Ridsdel, who was snatched from a marina by Abu Sayyaf along with Norwegian Kjartan Sekkingstad and a Philippines national last

September.

Paulson said the RCMP is helping local authorities give chase to the kidnappers, "but as you know, it's a very difficult piece of geography and ... challenging environment."

The Mounties are conducting an extraterritorial investigation into the murders, meaning the perpetrators could one day face justice in Canada, he added.

Trudeau said Canada holds Abu Sayyaf fully responsible for Hall's death.



Robert Hall
CANADIAN PRESS

"We are more committed than ever to working with the government of the Philippines and international partners to pursue those responsible for these heinous acts and bring them to justice," Trudeau said.

Abu Sayyaf operates mainly in the south of the Philippines, in the western Mindano and the Sulu Archipelago, but staged a major attack in 2004 that killed more than 100 people when militants bombed a ferry in Manila Bay.

THE CANADIAN PRESS

Dear Tim Hortons: Where are the women?

EQUALITY

A proposal to create a formal diversity policy at the parent company of Tim Hortons and Burger King aimed at increasing the number of women on its all-male board of directors has been rejected.

Oceanrock Investments Inc. and the Shareholder Association for Research and Education (SHARE) asked the company to write a formal diversity policy and inform shareholders how and when it intends to increase the number of women on its board of directors and in senior management positions.

Oceanrock Investments, which said it owns nearly 19,000 RBI shares, acted on behalf of the Meritas Jantzi social index fund.

Before Tim Hortons and Burger King merged and became RBI in late 2014, a quarter of the Tim Hortons board was comprised of women, according to the shareholder proposal. Now RBI's 11-person board of directors is all male.

The proposal asked RBI to complete the policy and update shareholders by December 2016.

While there are many benefits to increasing gender diversity on corporate boards, including the potential for better shareholder returns, that



Before Tim Hortons and Burger King merged and became RBI in late 2014, a quarter of the Tim Hortons board was comprised of women. Now RBI's 11-person board of directors is all male, including the 10 men pictured here. CONTRIBUTED

wasn't the sole reason for the proposal, Fred Pinto, OceanRock Investment's CEO, said while presenting the proposal at the company's annual general meeting on Thursday.

"We did this quite simply because it's the right thing to do," he said.

Other shareholders voted to reject the proposal.

The result wasn't unexpected, Pinto said in an interview following the vote. The group will now wait to see how many

independent shareholders supported their proposal as more detailed results are released in the next few days.

The board had declined to make a recommendation on how shareholders should vote, but did amend its new director nomination process to consider diverse candidates in response to the proposal.

These are more general steps, Pinto said, and he would like to see RBI take more specific action, including presenting a

timeline for gender diversity inclusion.

Gender diversity on corporate boards in Canada has become a source of tension between shareholders and companies.

BCE Inc.'s shareholders voted down a similar proposal at their annual general meeting earlier this year, and a Dollarama shareholder brought up concerns over the lack of women in leadership positions at that company's meeting earlier this week. THE CANADIAN PRESS



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MARIJUANA

Motion to decriminalize pot rejected

Liberal MP Nathaniel Erskine-Smith had a constituent come to his office last week seeking help for a problem he believes should no longer exist.

Erskine-Smith, who represents the Toronto riding of Beaches-East York, said the man had been charged with simple possession of seven grams of pot — something the Liberals have promised to legalize within the next couple of years.

Prime Minister Justin Trudeau's government plans to

introduce legislation to legalize marijuana next spring, but has no plans in the meantime to decriminalize the drug before a new regulatory regime replaces the existing laws.

That left Erskine-Smith — and the constituent who came to him for help — in a bit of a tough spot.

"I told him that we weren't going to be able to do anything at the federal level in the interim based upon my government's position," said Erskine-Smith,



Decriminalization is a half-measure, but a half-measure is better than no measure.

Nathaniel Erskine-Smith

who rose Monday in the House of Commons to support an NDP motion calling for decriminalization.

Decriminalizing marijuana would mean anyone caught with a small amount for personal use would not face any charges, but it would still be illegal to sell it.

"Decriminalization is a half-measure, but a half-measure is better than no measure," Erskine-Smith said in an interview.

Attorney General Jody Wilson-Raybould confirmed Monday the Liberal government would not support the NDP motion.

THE CANADIAN PRESS



Members of the Nishnawbe Aski Nation youth sign a declaration, to be presented to the prime minister, during a meeting on Parliament Hill. ADRIAN WYLD/THE CANADIAN PRESS

Crisis 'cannot be ignored'

RESPONSE TEAMS

PM announces \$69M boost in mental health funding

The federal government will provide \$69 million over the next three years for indigenous mental health services, Prime Minister Justin Trudeau announced Monday after meeting a delegation of more than 20 aboriginal youth from northern Ontario.

The funding is designed to help communities tackle urgent mental health needs while the government works with indigenous leaders to negotiate a new health accord, the Prime Minister's Office said in a statement.

The money is intended to provide services including four crisis response teams in Ontario, Manitoba and Nunavut — identified as having the greatest need — as well as 32 additional mental wellness teams.

Randall Crowe, a 24-year-old from Ontario's Deer Lake First Nation, said it was important for the young people's delegation to be heard.

"It is time that the youth take their stand ... instead of being pushed aside, to actually take part in discussions that the leaders need to address," Crowe said.

The meeting with the prime minister came as the Liberal government faces pressure to address issues including the delivery of health care on reserves.

NDP indigenous affairs critic Charlie Angus has spent weeks hammering the government for failing to add new spending in the budget for indigenous mental health.

Canadians should know aboriginal people do not receive the same level of health care overall as people who live off reserve, Crowe noted.

The dialogue also needs to be part of a continuing process, said Nishnawbe Aski Nation Grand Chief Alvin Fiddler.

"In order for those issues to be addressed, it will require ongoing dialogue, ongoing work," he said. "I think to hear this from an 18-year-old who lives this in their community daily, that's something that cannot be ignored."

It is very powerful for parliamentarians to hear directly from youth, Fiddler added.

THE CANADIAN PRESS

HUMAN RIGHTS

Saudi blogger hospitalized after hunger strike in jail

The wife of imprisoned Saudi blogger Raif Badawi says her husband has been transferred to a hospital following a two-day hunger strike. Ensaf Haidar wrote on Twitter the strike lasted from Friday to Sunday.

Badawi was arrested in 2012 and later sentenced to 1,000 lashes and 10 years in jail for his criticism of Saudi clerics.

He received 50 of them in January 2015 during a public flogging but has not received any since then.

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Eddie Jamoldroy Justice, 30



Akyra Monet Murray, 18



Luis Vielma, 22



Luis Omar Ocasio-Capo, 20



Xavier Emmanuel Serrano Rosado, 35



Amanda Alvear, 25



Enrique L. Rios, Jr., 25



Tevin Eugene Crosby, 25



Jason Benjamin Josaphat, 19



Mercedes Marisol Flores, 26

ORLANDO

Terrorist was 'homegrown'

The gunman whose attack on a gay nightclub left 49 victims dead appears to have been a "homegrown extremist" who espoused support for a jumble of often-conflicting Islamic radical groups, the White House and the FBI said Monday.

As Orlando mourned its dead with flowers, candles and vigils, counter-terrorism investigators dug into the background of 29-year-old Omar Mateen for clues to why the American-born Muslim carried out the deadliest mass shooting in modern U.S. history.

"So far, we see no indication that this was a plot directed from outside the United States, and we see no indication that he was part of any kind of network," said FBI Director James Comey. But he said Mateen was clearly "radicalized."

Comey said the bureau is also trying to determine whether Mateen had recently scouted Disney World as a potential target. The FBI chief defended the bureau's handling of Mateen during two previous investigations into his apparent terrorist sympathies.

Wielding an AR-15 semi-automatic rifle and a handgun, Mateen opened fire at Pulse Orlando early Sunday in a three-hour shooting rampage and hostage siege that ended with a SWAT team killing him. During the attack, he called 911 to profess allegiance to Daesh.

THE ASSOCIATED PRESS



Omar Mateen

AFP/GETTY IMAGES

Remember their names

A gunman wielding an assault-type rifle and a handgun opened fire inside a crowded nightclub in Orlando on Sunday, leaving at least 49 people dead. Here are stories of some of the victims.

Last Monday, Akhya Murray, who turned 18 in January, graduated third in her class of 42 students at West Catholic Preparatory High School in Philadelphia, where she had also been a 1,000-point scorer on the basketball team.

"She was very loving, caring, out to help anybody," her mother, Natalie Murray, recalled.

To celebrate her graduation, Akhya, her parents and her 4-year-old sister travelled to Orlando for a family vacation.

On Saturday, Murray told her parents she wanted to party in downtown Orlando. They dropped her off at Pulse at 11:30 Saturday night.

At about 2 a.m., Akhya Murray sent a text message to her mother,

saying that she and her cousins wanted to be picked up. She said there had been a shooting. Moments later, the phone rang.

"She was saying she was shot and she was screaming, saying she was losing a lot of blood," Natalie Murray said.

Murray said her daughter was hiding in a bathroom stall, her arm bleeding for hours with no medical treatment.

Mercedes Marisol Flores went to Pulse nightclub almost every weekend, Flores' sister-in-law said Monday, often with her best friend Amanda Alvear. Both women died in the shooting.

"She was very outgoing," Nancy Flores said of Mercedes Flores. "She had lots of friends. They

used to always meet up at Pulse."

Born in Queens, N.Y., the 26-year-old Flores moved to Florida when she was a child, her sister-in-law said. She worked at Target and studied at Valencia College, a local community college. She wanted to become a party planner so she could coordinate events with her two older brothers, who are both DJs.

Alvear, 25, had bonded with friend Sandy Marte over breakups and health problems. Marte said he was trying to comfort her after the breakup. She had lost a lot of weight following surgery and Marte encouraged her to socialize and enjoy life.

"She was loving, she was caring, she always had an open ear,"

Marte said of his friend Alvear.

Luis Omar Ocasio-Capo wanted to be a star. The 20-year-old dancer was working at Starbucks while studying theatre, and would have auditioned on Tuesday for a play, said his sister, Belinette Ocasio-Capo.

Omar, as he was known to family and friends, seemed brash to 70-year-old Claudia Mason, who worked with him at Starbucks. But after getting to know her much younger co-worker, "I realized he had a very outgoing personality," said Mason. "His sense of humour was definitely his defining personality trait."

Ocasio-Capo was hired as a cashier before moving over to the Starbucks, and became a

great barista, Mason said.

"Omar got along with everyone," she said.

Eddie Jamoldroy Justice tapped out a series of chilling text messages to his mother from a bathroom at the Orlando nightclub. The 45-minute exchange began with a message of love.

"Mommy I love you," the first message to Mina Justice said at 2:06 a.m. The messages stopped shortly after he confirmed to her that the shooter was nearby.

Eddie Justice, 30, was normally a homebody who liked to eat and work out, his mother said. He liked to make everyone laugh. He worked as an accountant and lived in a condo in downtown Orlando. THE ASSOCIATED PRESS

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Shock and condemnation

TERROR ATTACK

Global public figures react to Orlando massacre

From across the world, officials and public figures are expressing condemnation and shock over the Florida mass shooting at the Pulse Orlando nightclub on Sunday, when police say a gunman wielding an assault-type rifle opened fire, killing at least 49 people and wounding dozens.

FRANCE

The Eiffel Tower will shine in the colours of a rainbow on Monday night, starting at 10:45 p.m. to honour victims of the mass shooting. Paris City Hall began paying respects in the afternoon with a display of American and rainbow flags, while French President Francois Hollande condemned the mass killing as an attack on freedom. He vowed to toughen the fight against terrorism "at the side of the American people."

France feels deeply the horror of deadly attacks after the November terror attacks on a music hall, restaurants and bars and the main sports stadium killed 130. That was preceded by attacks on a satirical newspaper and a kosher grocery store. All were claimed by Daesh.

BRITAIN

With tears, song and defiance, thousands of people gathered in London for a vigil in honour of the victims.

Mourners packed narrow Old Compton St. in Soho, the heart of London's gay nightlife



People in Paris, left, pay homage to victims of the mass shooting at a gay nightclub in Orlando, Florida. Right: Mourners observe a minute of silence outside Barcelona's city hall during a vigil on Monday. AFP/GETTY IMAGES

district, on Monday evening. Bearing rainbow flags and signs reading "stand with Orlando," Londoners observed two minutes' silence, before 49 balloons — one for each person killed — were released into the air.

Queen Elizabeth II and Prime Minister David Cameron have sent messages of condolence from Britain for the attack.

GERMANY

German Chancellor Angela Merkel says it's important to continue with "our open, tolerant life" following attacks such as the mass shooting at an Orlando gay club.

Speaking during a visit to China on Monday, Merkel said that "we have a heavy heart" over the fact that "the hatred and malignancy of a single person" cost so many lives.

MUSLIM NATIONS

The world's largest body of Muslim-majority nations condemned the mass shooting but also warned against "political campaigning and self-serving agendas" in the wake of the tragedy.

The 57-nation Organization of Islamic Cooperation said in a statement Monday that "the massacre, as terrible as it is, must not be taken out of its context as a domestic American case." The OIC says it is concerned that "hasty judgment" and "Islamophobic discourse" have emerged before a full investigation into the motivations and causes of the attack. The organization also conveyed its condolences to the families of the victims of "this horrible act."

It says the teachings of Islam are based on peace and tolerance, and that terrorism is a

crime against humanity.

ISRAEL

Israeli President Reuven Rivlin says in a letter to President Barack Obama that Israel stands "shoulder to shoulder with our American brothers and sisters" after the attack on the LGBTQ community. Rivlin sent his condolences, saying there is "no comfort for those who have had their loved ones torn away from them."

PALESTINIAN TERRITORIES

Palestinian Prime Minister Rami Hamdallah says the deadliest mass shooting in U.S. history is a "senseless act of terror and hate" and that "Palestinians stand with the American people in this difficult time." The statement made no direct reference to the LGBTQ community. Homosexuality is deeply

taboo in the conservative Palestinian society. Gay Palestinians tend to be secretive about their social lives and some have crossed into Israel to live openly safely. The sentiment is reflected throughout the Arab and Muslim world.

RUSSIA

People have been bringing flowers and rainbow flags to the U.S. Embassy in Moscow to show their solidarity with victims of the shooting since early Monday. A reporter saw two young men take out a placard saying "Love wins" before police officers came up and led them away. Russia passed a law in 2013 banning the so-called propaganda of gay relationships among minors, which authorities have used to ban any public displays of support for the gay community. THE ASSOCIATED PRESS

G4S SECURITY FIRM

Hiring practices defended

The security company that employed both the Florida nightclub gunman and an armoured car guard who killed three co-workers in Edmonton in 2012 has defended its hiring practices, but says it cannot guarantee employees won't commit violent crimes.

Communications director Katie McLeod of the Canadian arm of U.K.-based G4S says the global security company does as much as it can to investigate prospective employees before hiring them, using both government and its own checks to screen them.

"In Canada, you must have your provincial security licence before you are even considered for employment and that follows all sorts of processes with the different provincial authorities," McLeod said. "It varies from province to province."

Omar Mateen, a G4S employee in Orlando, Fla., has been identified as the gunman who killed 49 people and wounded more than 50 others in an attack early Sunday on a gay nightclub in the city.

In 2012 in Edmonton, an armed G4S guard killed three co-workers and wounded a fourth while they were servicing a University of Alberta campus ATM.

Travis Baumgartner pleaded guilty to one count of first-degree murder, two counts of second-degree murder and one count of attempted murder in the Edmonton slayings and was sentenced to life in prison with no parole eligibility for 40 years.

THE CANADIAN PRESS

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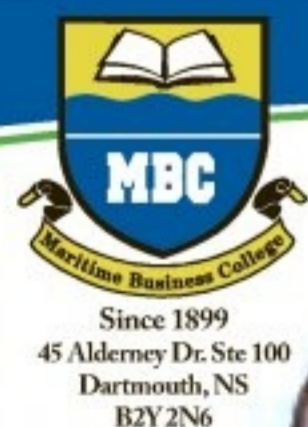
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LGBTQ AMERICANS

Attack stirs communal fears

The gay, lesbian and transgender community has seen violence before, from Harvey Milk to Matthew Shepard, and an ever-lengthening list of transgender women. But never anything like this.

Sunday's massacre at a gay nightclub in Orlando, Florida, grimly changed the equation, stirring communal fears and swiftly prompting tighter security at gay pride events. The gunman, identified as Omar Mateen of Fort Pierce, Florida, told his father he had been disturbed by seeing two men kissing in Miami.

The attack on the Pulse nightclub, which killed at least 50 people and was the deadliest U.S. mass shooting to date, occurred amid numerous events nationwide celebrating



Friends and family grieve after a list of hospitalized victims is released. TAMPA BAY TIMES VIA THE ASSOCIATED PRESS

LGBT Pride Month. In several other cities hosting events on Sunday — including block parties in Boston and a festival in Washington — authorities beefed up the police presence.

This "is a tragic illustration of the legitimate safety fears

that those in our LGBT community live with every day," said Mike Rawlings, the mayor of Dallas, where extra police were assigned to a neighbourhood that is a hub of the local gay community.

THE ASSOCIATED PRESS

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SCHOOLS MUST CHOOSE A SIDE

Any post-secondary institution that would prefer its name not become synonymous with 'rape' would do well to internalize what the Brock Turner sexual-assault case made abundantly clear: **Universities have a responsibility not just to react to sexual violence but also to prevent it.**

To Michele Dauber, a law professor at Stanford University, Jane Doe is a new Rosa Parks.

It's a striking, possibly overreaching statement. But it sets the stakes now at play for universities in the starkest of terms: You are either on the right or the wrong side of fighting campus sexual violence, just as you were once (and remain) on the right or wrong side of fighting racism.

Jane Doe is the victim in the Stanford sexual-assault case, which ignited international condemnation after her assailant, Brock Turner, was given a slight six-month jail sentence for crimes that might have earned him a maximum of 14 years.

"We are at a real watershed moment in public perception of campus sexual assaults," Dauber told The New York Times this week.

At the centre: Jane Doe's defiant courtroom statement, read aloud on newscasts, shared tens of millions of times online, quoted by the vice-president of the United States and credited for igniting fierce conversation over consent and rape.

In her letter, Jane Doe attacked Turner's effort to scapegoat his behaviour on booze and partying. Through it, she refused to meekly accept her fate, Dauber suggests, just as Rosa Parks once refused to move from her seat on a bus.

Canadian universities should take this new level of furor over sexual violence as a warning: Think

Canadian universities should be asking themselves how many Brock Turners are wandering their own campuses.

"Stanford," and the next word that now comes to mind is "rape" — and your school could be next.

Of course, they shouldn't need the warning, but they also shouldn't have needed provincial governments to force them to create dis-

tinct sexual-assault procedures. (Even back in 1993, one study found as many as one in four women are sexually assaulted at universities.)

New bills passed in Ontario and B.C., as well as another introduced in

Manitoba, all require that campuses adopt standalone policies. Far too many need the push. Irene Shankar, a researcher at Mount Royal University, surveyed 103 English-language schools this spring and found that only 25 had policies. Some

schools, like the University of British Columbia, have been publicly shamed into instituting better practices over their poor handling of complaints.

Effective policies to tackle the fallout of violence is one thing. Preventing assaults is quite another.

In a recent case study of one anonymous Alberta campus, Shankar found the school paid so much lip service to fighting sexual violence, action got left behind. "It's almost become this opting-out that universities use," she told me. Schools will repeat how "complex" the problem is, which normalizes sexual violence and lets schools off the hook for solutions, she added.

Until, of course, an attack makes international headlines.

Stanford has defended its own conduct in the wake of the assault, noting there was "an immediate police investigation" (for which the school can't actually claim any responsibility) and that "in less than two weeks after the incident, Stanford had conducted an investigation and banned Turner from setting foot on campus — as a student or otherwise."

Students, however, are not satisfied. There's a petition calling for, among other things, the school to apologize to Jane Doe because the attack happened on its campus, increase funding for sexual-assault prevention and mandatory sexual-assault education for all students.

Going by Stanford's own data, those last two suggestions are needed. The school's 2015 campus climate survey found that one-third of undergraduate women experienced non-consensual sexual misconduct, "including acts ranging from sexual touching to penetration" (also known as rape).

The fact that students might get to university without a firm understanding of sexual assault mirrors Brock Turner's own court statements. He blamed a culture of drinking and promiscuity for his action, apparently unable to separate sex from assault.

It's an explanation that excuses nothing, but one that should deeply worry college and university administrators. They should be asking themselves how many Brock Turners are wandering their own campuses.

Taking swift action in the wake of assaults — with care for a victim and consequences for an abuser — is good policy, but it's not perfect behaviour.

The best way to avoid being Stanford isn't to defend your actions after the fact. It's to stop the violence in the first place.

Metro POLL

Was justice served at Stanford?

Brock Turner's six-month jail sentence — of which he's expected to serve only half — has been called unfairly lenient, with many who object claiming that Turner's being a white star athlete at a prestigious school saved him from spending far more time in jail. But we wanted to know what you think.

We asked: Is Brock Turner's six-month sentence a sufficient punishment?

96%: NO
(1,217 votes)

He got off way too easily in relation to the damage he inflicted on his victim. Others won't be deterred.

4%: YES
(49 votes)

He'll suffer in jail, and spending the rest of his life on the sex-offender registry will have major implications.

Rape is rape. Period. alcohol is no defence.

He raped someone and is only getting a six-month sentence. Disgusting! Disgraceful!

It's far past time we teach our little boys that they are not entitled to women.

Such a light sentence underscores the perceived value of men's lives over a woman's right to be safe.

His actions reflect a deeper psychological attitude of superiority. This behaviour was learned.

White privilege is real, and this is a sickening case of it.

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HAVE YOUR SAY



Protesters at Stanford's graduation ceremony wear '1/3' signs on their mortarboards, referring to the stat that one in three women will be sexually assaulted in her lifetime. THE ASSOCIATED PRESS

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Stop bellyaching about belly fat

HEALTH

Health pros get real about risk factors

If your spare tire is expanding, there may be cause for concern — but not because your pants don't fit. Here, health experts explain all about stomach fat.

What is abdominal obesity?

Dr. Fahad Razak, an internist at St. Michael's Hospital, says abdominal obesity is a disproportionate gain of fat within the abdomen, relative to other parts of the body. If a man's waist measures more than 102 centimetres, or a woman's measures more than 88 centimetres, then the patient is considered abdominally obese.

The fat tissue is actually two types of fat: subcutaneous fat, just below the skin; and visceral fat, stored in the abdomen and around the organs.

Who gets it?

Dr. Sonia Anand, professor of medicine and epidemiol-

ogy at McMaster, says men are more likely to be abdominally obese than women, said Anand. But once women are post-menopausal and losing estrogen, they may grow larger bellies, she said.

South Asian populations are prone to developing visceral fat, said Anand, whose research focuses on people of this demographic. And then there's body shape. Whether you have a pear shape — meaning you carry more weight in your hips — or apple shape — meaning you carry weight in your stomach — comes down to genetics.

What are the health risks?

If someone has an excess of stomach fat, they usually have an excess of visceral fat too, said Dr. Paul Poirier, a cardiologist and professor of pharmacy at Laval University. That fat around your heart, liver, kidneys and stomach, can lead to organ malfunction, he said.

The visceral fat also produces a molecule called adipokine, which is proinflammatory and circulates around the body, said Poirier. When some-

one has low-grade inflammation, they're more prone to coronary artery disease, gingivitis and other health issues, he said. But the main health concerns are: diabetes, cholesterol abnormalities and heart disease, said Razak.

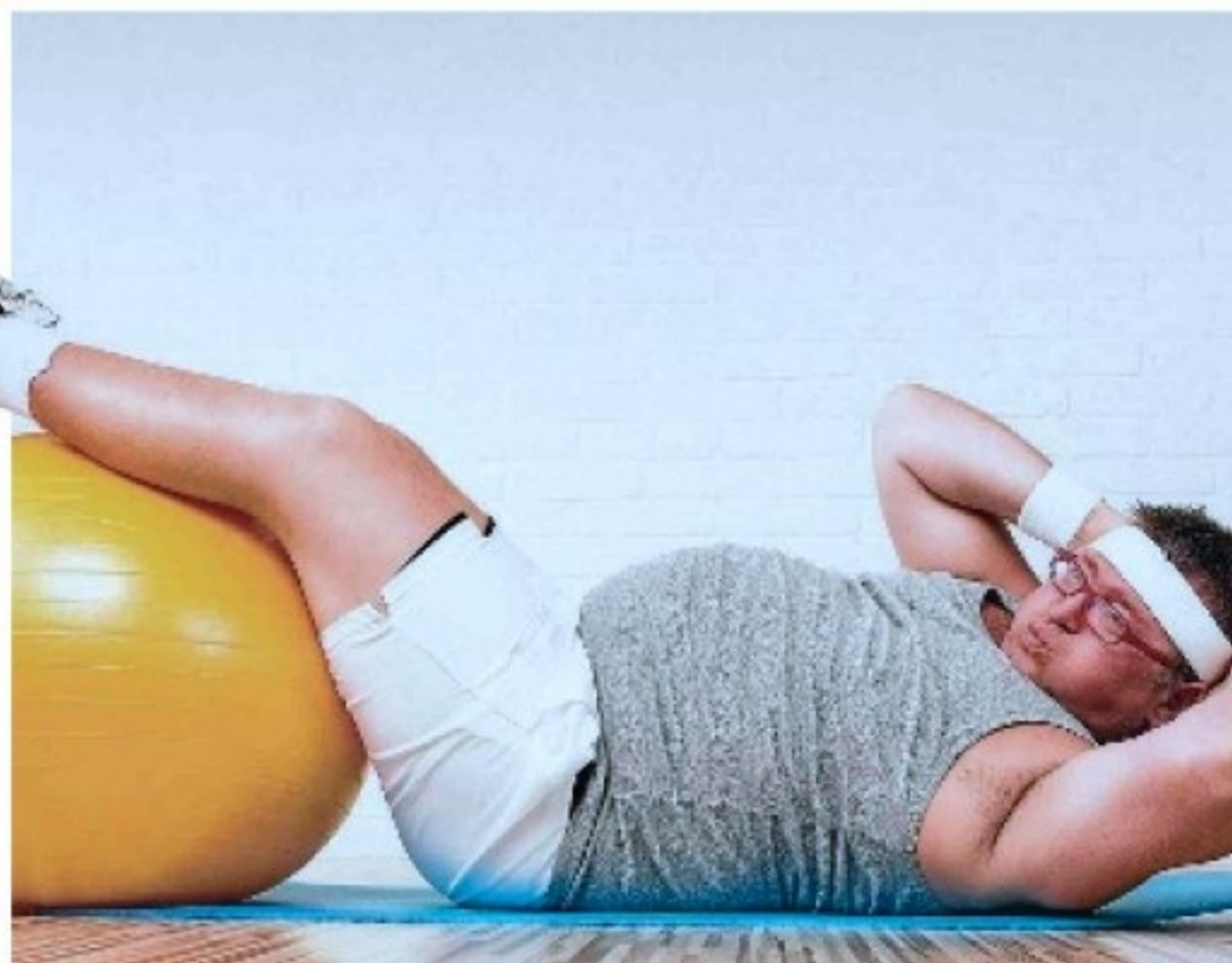
Abdominal fat is more metabolically active and can affect a body's hormones and insulin control. Abdominal fat can also contribute to elevated levels of bad cholesterol and depressed levels of good cholesterol, he said.

What can you do about it?

Reduce calorie intake, increase fruit and vegetable intake, increase fibre intake, reduce intake of saturated and trans fats. Exercise.

Registered dietitian Abby Langer agrees: "I would tell people to clean up their diet," she said. Bariatric surgery could help to shrink a patient's stomach and improve overall health, despite being an extreme step, said Razak.

TORSTAR NEWS SERVICE



TORSTAR NEWS SERVICE

+ MYTH BUSTING BELLY FAT

■ Myth 1: Drinking beer causes beer bellies

It's not the beer, but the calories, said Dr. Sonia Anand, McMaster University. But if you have a beer belly, you may want to cut back on the beer. People with abdominal obesity have a higher risk of a fatty liver. Combined with alcohol, that will stress your liver, increasing your risk of chronic liver disease.

■ Myth 2: Spot reduction workouts shrink bellies

"There's no such thing as spot reduction," says Dr. Yoni Freedhoff, author of *Why Diets Fail and How to Make Yours Work*. If you work on losing weight, you will eventually lose body weight all over. Personal trainer Kathleen Trotter adds it's nutrition, that will help you achieve weight loss goals.

■ Myth 3: Cutting out specific foods helps

While some research shows diets high in simple carbohydrates — such as white bread and sugary desserts — can contribute to abdominal obesity, that's not proven, said Anand. Instead, overall good nutrition is what you should be focusing on to lose body weight, says Trotter.

Miss Chi Domestic Medium Hair

Miss Chi came to the shelter after her owner could no longer care for her due to health issues. She is coping gracefully despite this being a confusing and unsettled time for her and has adapted well to shelter life and to meeting new people. Nevertheless, there is nothing she would like more than to settle into a new forever home. Miss Chi would prefer to be the only cat in her new home and she should remain an indoor-only cat. **Why not meet her and see if she is the cat you've been hoping to meet?**



For more information on **Miss Chi** and other adoptable furry friends, visit www.spcans.ca/dartmouthshelter or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

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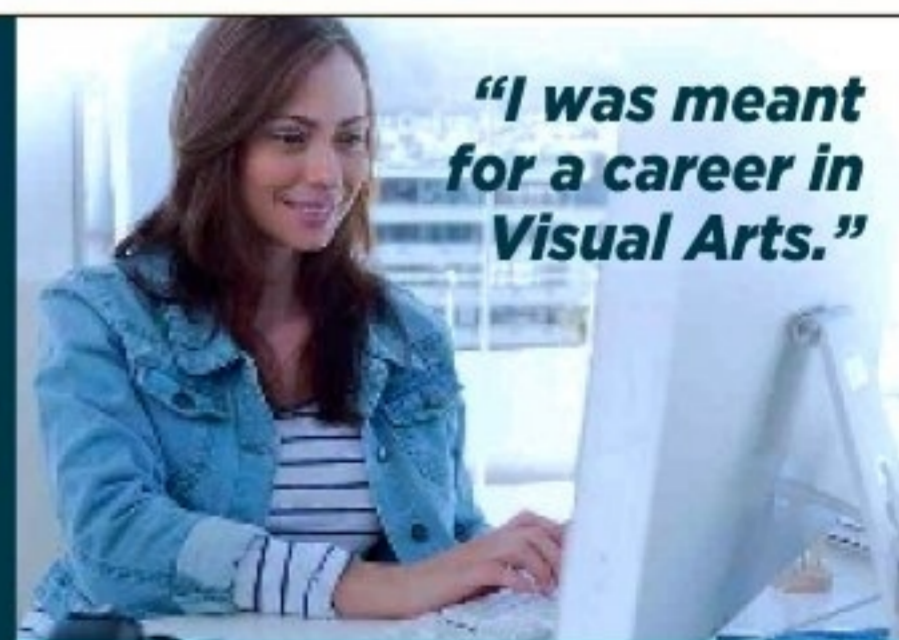
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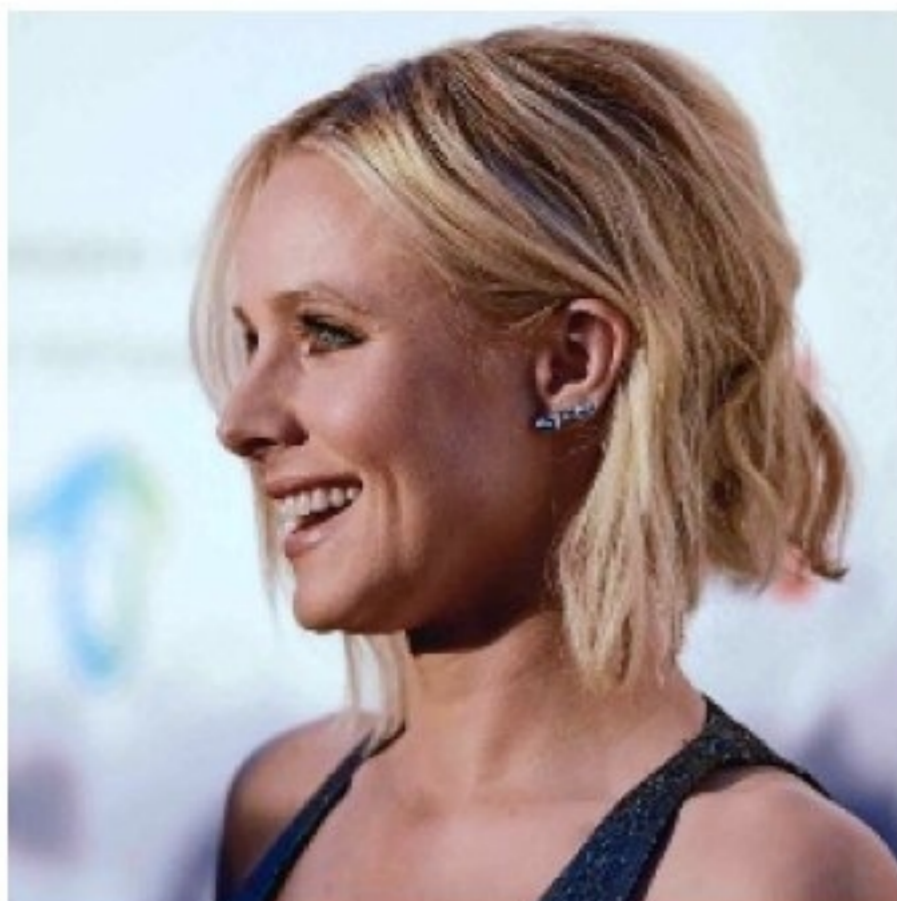


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Actress Kristen Bell opened up about her struggle with depression in a TIME magazine essay in May. **A poll shows 40 per cent of Canadians who have felt anxious or depressed have not sought medical help.** GETTY IMAGES

Stigma still dogs mental health: Poll

ONLINE SURVEY

Many people afraid to seek help for issues, doctor says

New data shows 40 per cent of Canadians say they've experienced feelings of anxiety or depression — but haven't sought medical help.

The numbers come from a survey of more than 1,500 Canadian adults by Women's College Hospital and Shoppers Drug Mart.

The results offer a striking look at the level of stigma and shame still surrounding mental illness, with 42 per cent of respondents saying they would be embarrassed to admit if they did have a mental health issue.

"People, despite everything, see it as a sign of weakness," said Dr. Valerie Taylor, psychiatrist-in-chief, department of medicine at Women's College Hospital and a scientist at Women's College Research Institute.

Mental health has made headlines in recent years, thanks to the efforts of activists, companies and individuals pushing to end the stigma — from the Can-

ada-wide, conversation-starting campaign, to American actress Kristen Bell's recent TIME magazine essay, in which she opened up for the first time about her struggle with depression after not speaking about her mental health issues for the first 15 years of her career.

"There is such an extreme stigma about mental health issues, and I can't make heads or tails of why it exists," Bell wrote in her May essay. "Anxiety and depression are impervious to accolades or achievements. Anyone can be affected, despite their level of success or their place on the food chain."

The poll highlighted the benefits of a strong support network, with 94 per cent of women and 85 of men saying the support of a friend or family member is important if they're struggling with a mental issue.

Even so, more than one third of respondents said they wouldn't know how to support someone who needed help.

"I think if we could decrease some of the stigma, people would perhaps be better able to come forward earlier and we'd have (fewer) tragedies," Taylor said.

TORSTAR NEWS SERVICE

Anxiety and depression are impervious to accolades or achievements. Anyone can be affected. Kristen Bell, in her TIME essay

A pose to keep you firing on all cylinders

YuMee Chung
Torstar News Service

The word Agni means fire in the language of yoga and agnistambhasana is Fire Log Pose, an intense hip opener that requires some real patience to master. Let me show you how to refine and deepen Fire Log Pose with a combination of two isometric exercises we call Kindling Pose.

Kindling Pose

1. Begin in a seated position on the floor with legs outstretched and spine long.
2. Test out your Fire Log Pose by folding both knees and stacking right shin over left, with right ankle directly above left knee. Do your best to bring the shins parallel to the front border of your yoga mat and flex both ankles while keeping them from collapsing to their pinky toe sides. Look for an isosceles triangle defined by

your inner legs. It is extremely common to have a sizeable gap between right knee and left foot in Fire Log Pose, so not to worry.

3. To do the first part of Kindling Pose, interlace your fingers around the outer right knee and press the knee down strongly into the hands while pulling upwards and resisting the action with your arms. Stay for five breaths.
4. For part two of Kindling Pose, access the opposite move-

ment by stacking your palms and pressing down onto the right knee while resisting upwards with the leg as if you intend to pivot your right shin up to a vertical position. Count five breaths.

5. Finish by retesting Fire Log Pose on the right side. Notice any differences in the way your hips feel and observe whether you have made any gains in flexibility.
6. Repeat steps one through five on the other side.

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Canes clinch championship

NBL CANADA

Halifax puts London away on its third try



Kristen Lipscombe
Metro | Halifax

The Halifax Hurricanes brought down the house Monday night.

Following a couple of long seasons, which included a controversial rebranding and a change in the league's scheduling, the local National Basketball League of Canada franchise finally won it all.

The Canes toppled the London Lightning 125-117, in front of a loud and proud crowd of 2,399 spectators at the Scotiabank Centre, to claim their first-ever NBL Canada championship.

"It feels great to get it with this group of guys," guard Cliff Clinkscales, this season's only returning Halifax player, said while signing autographs for a lineup of fans decked out in the team's blue and white.

"We had a lot of players on our team that sacrificed," he said of the 4-3 final series win for the Hurricanes.

"They could be playing somewhere else, in (another) country, making more money.... Guys like Mike Glover, Justin John-

GAME 7 In Halifax



son, we had guys that took pride on the side, just for the betterment of the team."

Johnson led the Canes with 41 points, shooting 12-for-15 from the floor and 15-for-17 from the free throw line, also grabbing six rebounds, to earn most valuable player honours.

Johnson broke out into a big grin when asked to describe how it felt to lift the NBL Canada trophy, his first professional basketball championship hardware.



This goes to show you what it takes to be a championship team.

Cliff Clinkscales

Monday night's matchup certainly could have gone either way, much like the entire best-of-seven showdown, which saw the Canes drop the opener, win three straight and lose Games 5 and 6.

The score see-sawed back and forth between the Hurricanes, the top team in the Atlantic Division, and the Lightning, the No. 1 team in the Central



Hurricanes forward Kyle Hunt yells to the crowd as the buzzer goes off Monday night at the Scotiabank Centre. JEFF HARPER/METRO

Division.

"We knew it was going to be a battle," Johnson said. "We just wanted to stick with it."

Clinkscales had a team-leading nine assists and added nine points Monday night. Putting his leadership skills on display, he often signalled to the crowd

when they could get louder or quiet down.

For the Lightning, forward Stephen Maxwell and guard Garrett Williamson both scored 25 points, with Williamson adding six rebounds and seven assists.

"Halifax, it has been a long time coming," NBL Canada com-

missioner Dave Magley told the crowd after the game, a comment greeted by ear-piercing cheers.

The Halifax club renamed itself the Hurricanes, and got itself some new ownership after the former Rainmen forfeited Game 7 of the championship

series against the Windsor Express last season.

Clinkscales thanked "everybody in the city of Halifax that supported us all year" on behalf of his team.

"True fans," he said. "We love all y'all. We couldn't have done it without you."



NBA FINALS CAVS LIVE TO PLAY ANOTHER GAME

Cavaliers forward LeBron James scores two points on a layup past the Warriors' James Michael McAdoo in Game 5 of the NBA Finals on Monday in Oakland. James and Kyrie Irving each scored 41 points and the Cavs won 112-97. Game 6 will be played in Cleveland with Golden State ahead 3-2 in the best-of-seven series. BRUCE BENNETT/GETTY IMAGES

IN BRIEF

Scherzer shoulders Nationals past Cubs

Max Scherzer retired the first 16 batters he faced and threw seven innings of two-hit ball, striking out 11 in a pitching masterpiece that carried the Washington Nationals past the Chicago Cubs 4-1 Monday night.

Scherzer's bid for his third career no-hitter ended with one out in the sixth when Addison Russell hit a 3-2 pitch into the left-field seats.

THE ASSOCIATED PRESS



It took everybody to get this.

Sidney Crosby after winning the Conn Smythe Trophy after the Penguins won the Stanley Cup final with a 3-1 win over the Sharks on Sunday night in San Jose.

SOCCER

Italy opens tourney by beating Belgium

Goals from Emanuele Giaccherini and Graziano Pelle combined with excellent defending helped Italy to a 2-0 win over Belgium in their first match at the European Championship on Monday.

Described as one of the worst Squadra Azzurra ever by Italian media, Antonio Conte's aging team defied the odds to take the lead in Group E with an impressive collective display at Lyon's Grand Stade.

Ireland opened its cam-



paign with a 1-1 draw against Sweden in the group's other game Monday.

Also Monday, Gerard Pique's goal in the 87th minute gave Spain a 1-0 victory in the opening match of its European Championship title defence, beating the Czech Republic in Group D. THE ASSOCIATED PRESS

RECIPE Char Siu Pork



PHOTO: MAVA VISNEVI

Ceri Marsh & Laura Keogh
For Metro Canada

This recipe makes it so easy to make sweet and sticky barbecued pork at home. Marinating your pork loin overnight isn't necessary, although it will give you an amazing depth of flavour.

Ready in
Prep time: 1 hour 15 minutes
Cook time: 20 minutes

Ingredients

- 1 1/2 Tbsps honey
- 1 1/2 Tbsps hoisin sauce
- 1 1/2 Tbsps soy sauce
- 1 Tbsp Chinese wine (dry sherry can be substituted)
- 1 tsp white pepper
- 1/2 tsp five-spice powder
- 1/2 tsp sesame oil
- 1kg/2 1/2 lbs pork tenderloin
- 3 cloves garlic, finely chopped
- 1 1/2 Tbsps vegetable oil

Directions

1. In a small saucepan, add honey, hoisin, soy sauce, Chinese wine, pepper, five-spice and sesame oil. Whisk the ingredients together over medium heat. Cook until it thickens and becomes sticky. Let the sauce cool completely.

2. Add the sauce, vegetable oil, and chopped garlic to the pork and marinate it the fridge for an hour and up to overnight.

3. To cook, barbecue for about 6 to 8 minutes on each side, or place on the highest rack of the oven set on broiler for 6 to 8 minutes on each side.

4. Let the meat rest for 15 minutes or so before slicing. Serve over rice and sautéed greens.

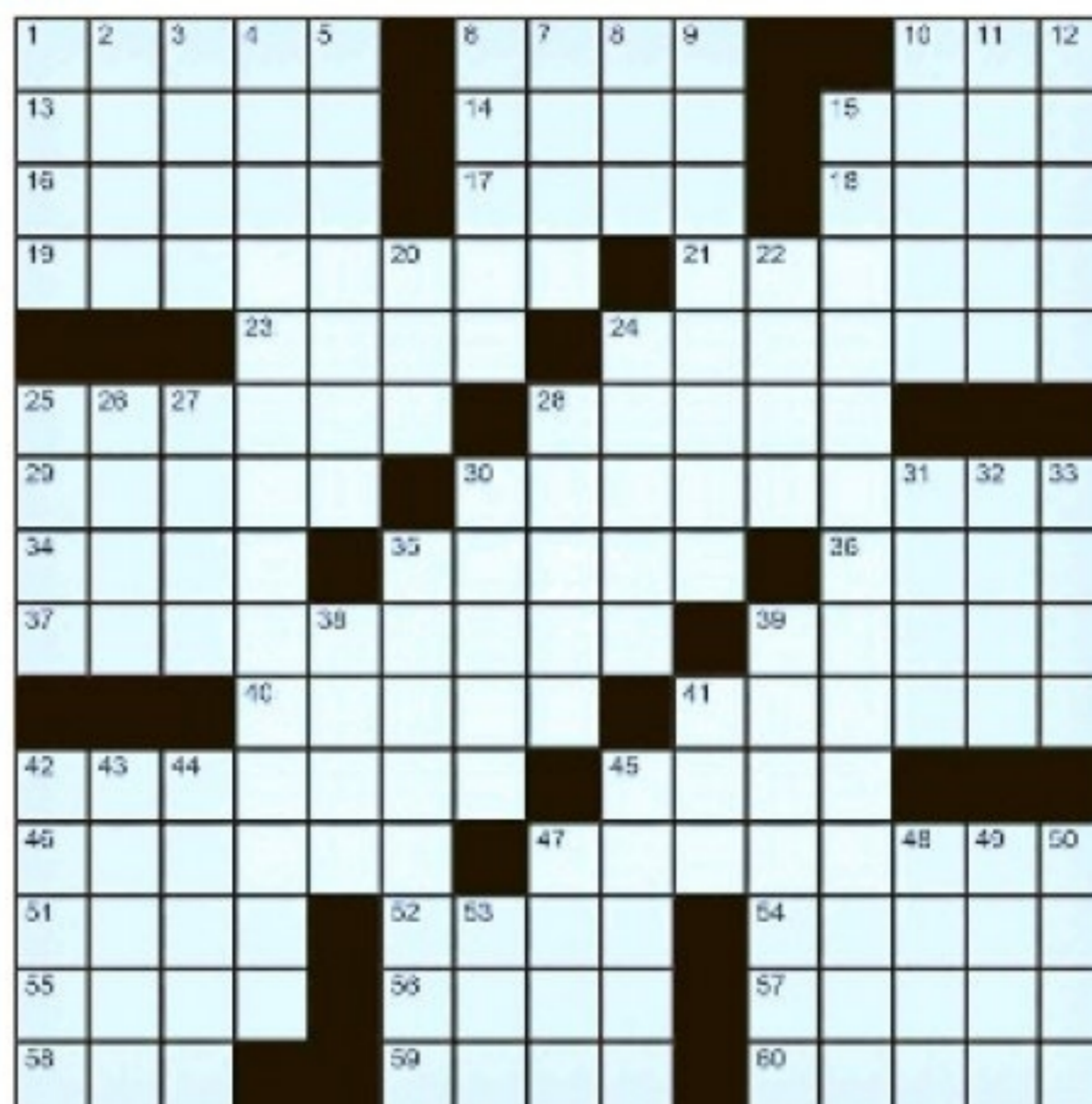
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Does this for Joy!
- From way out
- Account
- Singer/actor Chris
- Draped dress
- Organized crime boss
- Clemency
- Ukraine city
- Director Mr. Preminger
- Improviser
- Slowly advanced
- Circulate
- News story insiders
- Mastermind
- Mrs. von Trapp
- 1973: "I Got a Name" by Jim
- Cottage extension perhaps overlooking a lake: 2 wds.
- Piper
- Rake over the
- Heraldic border
- Manitoba community 15 minutes from North Dakota
- Rock drill
- Percussion instruments
- Canada's big Bay
- Vaudville performer, for example
- Hillary's hubby
- Traversed the rivers like a Voyageur
- Renegade
- As well
- Slightly open
- Bovid bag
- Oliver of "Oliver!" (1968)
- Tirade
- White wine of Italy



- Founded [abbr.]
- "Kisses, dahling!"
- Comfortable

DOWN

- "Letters from Iwo" (2006)
- Put-upon
- Crumbly soil

- The white blossoms of this tree are the floral emblem of British Columbia: 2 wds.
- Azure: 2 wds.
- Awry
- Reasonable
- "We Family" by Sister Sledge
- Cote d'Azur, and others

- Workshop machine
- Choice-selecting person
- Commodities
- Farm's morning alarm clock sound!
- Derek and Bice
- "Short Shorts"

- retro TV commercials product
- Minestrone-serving utensil
- Force in Batman comics, commonly
- Buffalo's lake
- Liam's rock-er brother
- Financial re-

- sources
- of vantage (Favourable position)
- Misjudges
- Jazzy Ms. Laine
- Musicals composer Jerome
- Our robotic space icon
- Ancient empire
- Marsh plant
- (Fruit drink)
- Startle
- Acting father/son Alan Sr. and Alan Jr.
- Commencement
- Moorage
- fever (Ailed)
- Old Testament man
- Ms. Campbell
- Deuce-ace
- Moose, Sas-katchewan

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an exciting day! Expect to see new places and meet new faces. Unusual news might interest you as well. Stay on your toes!

Taurus April 21 - May 21
You might see new ways to earn money today. Yay! However, something unexpected with your finances could occur, so keep your eyes open. You might find money; you might lose money.

Gemini May 22 - June 21
For some reason, you have a greater freedom today than you usually do. New experiences will give you more insight into the world around you.

Cancer June 22 - July 23
Some kind of revelation or epiphany might happen today. It might be just a profound thought that occurs, or something might happen to you to trigger this observation.

Leo July 24 - Aug. 23
You might make a new friend today; if you do, this person will be unusual or different in some way. Alternatively, a friend you already know might do something that surprises you.

Virgo Aug. 24 - Sept. 23
In your interactions with bosses, parents and VIPs, something will happen that gives you greater freedom. You feel liberated. "I'm calling my own shots!"

Libra Sept. 24 - Oct. 23
Sudden opportunities to travel might drop in your lap today. However, planned travel itineraries might change. This is an exciting day with unusual opportunities.

Scorpio Oct. 24 - Nov. 22
A gift, goodie or perhaps a favor from a friend will help you today. Whatever happens, act quickly, because this window of opportunity will be brief.

Sagittarius Nov. 23 - Dec. 21
If your relationship with a friend or partner has fallen into a rut, today will shake it up a bit. Fortunately, it will shake it up in a good way. Point your finger in the air and sing, Staying Alive!

Capricorn Dec. 22 - Jan. 20
Expect a few surprises at work today. You suddenly might see a new and better way of doing things. Possibly, the introduction of new high-tech equipment will catch you off-guard.

Aquarius Jan. 21 - Feb. 19
Love at first sight might happen for some of you today. Accept spontaneous invitations to parties. However, parents should be vigilant about their kids today.

Pisces Feb. 20 - March 20
Stock the fridge, because you might unexpectedly entertain at home today. Something surprising or unusual will occur within the family.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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See your dealer for complete details. **Representative Financing Example:** Financing offer available on approved credit (DACI) on a new 2016 Forte Sedan LX MT (F054G) with a selling price of \$15,995 based on monthly payments of \$200 for 60 months at 0% with a \$0 down payment and first monthly payment due at finance inception. Offer also includes \$4,000 discount (\$3,500 loan credit and \$500 competitive bonus** or loyalty bonus*). Cost of borrowing is \$0 and total obligation is \$15,995. Other taxes, registration, insurance and licensing fees are excluded. **Cash Purchase Price:** for the new 2016 Forte Sedan LX MT (F054G) is \$9,995 and includes a cash discount of \$6,000 (including \$4,500 cash discounts, \$500 competitive bonus** or loyalty bonus* and \$1,000 dealer participation). Dealer may sell for less. Other taxes, registration, insurance and licensing fees are excluded. Cash discounts vary by model and trim and are deducted from the negotiated selling price before taxes. **Representative Leasing Example:** Lease offer available on approved credit (DACI) on the 2016 Rio LX MT (R054G)/2016 Soul LX+ MT (S055G) with a selling price of \$14,495 (including \$2,000 lease credit discount and \$500 competitive bonus** or loyalty bonus*)/\$18,995 is based on 60 weekly payments of \$19/\$39 for 60 months at 0%/0.9%, with \$0 security deposit, \$1,960/\$250 down payment and first payment due at lease inception. Total lease obligation \$5,063/\$10,253 with the option to purchase at the end of the term for \$4,495/\$8,398. Lease has 16,000 km/yr allowance (other packages available and \$0.12/km for excess kilometers). \$60 gift will be awarded in the form of 20,000 Kia Member Rewards Dealer Points which can be redeemed at the participating Kia dealership in Canada where customer took the test drive. **Test drive participants are eligible for one gift only.** \$60 gift can be used towards the purchase of parts, service, accessories or maintenance. In order for the points to be awarded, customers must have a Kia Member account. The Kia Member Rewards Program is open to any licensed driver with a Canadian mailing address and enrollment in the Program is free for the purposes of this promotion. Further details about the Program and Dealer Points are available at www.kia.ca/member-rewards. **Your local dealer may be closed June 19. Visit kia.ca/find-a-dealer for dealership hours.** **Competitive Bonus** offer available on the retail purchase/lease of any new 2016 Rio, 2016 Rio S, 2016 Forte, 2016 Forte Koup, 2016 Forte S, 2016 Sorento, 2017 Sportage, and 2016 Rondo for the amount of \$500. **2016 Optima and 2016 Optima Hybrid** for the amount of \$750 from participating dealers between June 1 and 30, 2016 upon proof of current ownership/lease of a select competitive vehicle in the relevant class/category. 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